

**Listing of Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) A method of reducing inflammation of an ocular tissue comprising contacting said tissue with oral administration of a composition comprising a carotenoid and a polyphenol, wherein said composition is administered at a daily dosage range of

<u>INGREDIENT NAME</u>	<u>DAILY DOSAGE RANGE</u>	
Vitamin A (as Vitamin A Palmitate)	100-1000	IU
Vitamin A (as Beta Carotene)	2000-7500	IU
Vitamin C (as Ascorbic Acid)	150-500	MG
Vitamin D (as Cholecalciferol)	150-400	IU
Vitamin E (as d-alpha Tocopheryl Succinate)	75-200	IU
Vitamin E (as Mixed Tocopherols)	25-200	IU
Vitamin E (as gamma tocopherol)	5-200	IU
Vitamin K	0.03-0.08	MG
Thiamin (as Thiamine Mononitrate)	1-2.2	MG
Riboflavin	1-2.3	MG
Niacin (as Niacinamide)	10-26	MG
Vitamin B6 (as Pyridoxine HCl)	2-4	MG
Folate (as Folic Acid)	0.2-0.5	MG
Vitamin B12 (as Cyanocobalamin)	0.002-0.004	MG
Pantothenic Acid (as Calcium Pantothenate)	2.5-6	MG
Biotin	0.02-0.06	MG
Choline (as Choline Bitartrate)	200-400	MG
Chromium (as Chromium nicotinate)	0.07-0.15	MG
Copper (as Copper Citrate)	1.0-1.6	MG
Iodine (as Potassium Iodine)	0.1-0.2	MG
Magnesium (as Magnesium Citrate)	75-200	MG
Manganese (as Manganese Citrate)	2-3	MG
Selenium (as Selenomethionine)	0.07-.20	MG
Zinc (as Zinc Citrate)	10-40	MG
Alpha Lipoic Acid	20-100	MG
Green Tea (40% Polyphenols)	50-500	MG
Bilberry Ext (25% Anthocyanidins)	2-20	MG
Blueberry Powder	20-500	MG
Ginkgo biloba SE 24/6	50-300	MG
Hops PE	1-100	MG
Quercetin	10-200	MG
Tocotrienol Complex	10-200	MG
Grape Seed Extract	5-100	MG
Citrus Bioflavonoids	100-600	MG
Taurine	50-500	MG

INGREDIENT NAME	DAILY DOSAGE RANGE	
Vitamin A (as Vitamin A Palmitate)	100-1000	IU
Vitamin A (as Beta Carotene)	2000-7500	IU
Vitamin C (as Ascorbic Acid)	150-500	MG
Vitamin D (as Cholecalciferol)	150-400	IU
Vitamin E (as d-alpha Tocopheryl Succinate)	75-200	IU
Vitamin E (as Mixed Tocopherols)	25-200	IU
Vitamin E (as gamma tocopherol)	5-200	IU
Vitamin K	0.03-0.08	MG
Thiamin (as Thiamine Mononitrate)	1-2.2	MG
Riboflavin	1-2.3	MG
Niacin (as Niacinamide)	10-26	MG
Vitamin B6 (as Pyridoxine HCl)	2-4	MG
Folate (as Folic Acid)	0.2-0.5	MG
Vitamin B12 (as Cyanocobalamin)	0.002-0.004	MG
Pantothenic Acid (as Calcium Pantothenate)	2.5-6	MG
Biotin	0.02-0.06	MG
Choline (as Choline Bitartrate)	200-400	MG
Chromium (as Chromium nicotinate)	0.07-0.15	MG
Copper (as Copper Citrate)	1.0-1.6	MG
Iodine (as Potassium Iodine)	0.1-0.2	MG
Magnesium (as Magnesium Citrate)	75-200	MG
Manganese (as Manganese Citrate)	2-3	MG
Selenium (as Selenomathionine)	0.07-20	MG
Zinc (as Zinc Citrate)	10-40	MG
Alpha Lipoic Acid	20-100	MG
Green Tea (40% Polyphenols)	50-500	MG
Bilberry Ext (25% Anthocyanidins)	2-20	MG
Blueberry Powder	20-500	MG
Ginkgo biloba SE 24/6	50-300	MG
Hops PE	1-100	MG
Quercetin	10-200	MG
Tocotrienol Complex	10-200	MG
Grape Seed Extract	5-100	MG
Citrus Bioflavonoids	100-600	MG
N-Acetyl-L-Cysteine	50-400	MG
Curcuma longa Root Powder	10-200	MG
Zeaxanthin	0.1-2.9	MG
Astaxanthin	0.01-4.9	MG
Mixed Carotenoids	10-100	MG
Trace Minerals (Hydromins)	10-100	MG
Tart Cherry Powder	10-200	MG

2. (Original) The method of claim 1, wherein said composition further comprises a glutathione precursor.

3. (Original) The method of claim 1, wherein said composition further comprises a vitamin anti-oxidant.
4. (Original) The method of claim 1, wherein said composition further comprises an alpha lipoic acid.
5. (Currently Amended) The method of claim 1, further comprising ~~contacting said tissue with co-administering~~ an omega-3 fatty acid.
6. (Currently Amended) The method of claim 1, further comprising ~~contacting said tissue with co-administering~~ an omega-6 fatty acid.
7. (Original) The method of claim 5, wherein said omega-3 fatty acid is selected from the group consisting of eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and alpha linolenic acid (ALA).
8. (Original) The method of claim 1, wherein said carotenoid is a mixed carotenoid compound, a purified astaxanthin, or a purified zeaxanthin.
9. (Original) The method of claim 1, wherein said polyphenol is curcuma longa root powder, green tea, grape seed extract, a cinnamon flavonoid, or a citrus bioflavonoid.
10. (Original) The method of claim 1, wherein said polyphenol is a cox-2 inhibitor.
11. (Original) The method of claim 10, wherein said cox-2 inhibitor is a quercetin, a bilberry extract, a hops PE, blueberry powder or tart cherry powder.
12. (Original) The method of claim 2, wherein said glutathione precursor is taurine or N-acetyl-L-cysteine.

13. (Original) The method of claim 3, wherein said vitamin anti-oxidant is Vitamin A, Vitamin B, Vitamin C, Vitamin D or Vitamin E.
14. (Original) The method of claim 1, wherein said composition further comprises a trace mineral.
15. (Original) The method of claim 1, wherein said composition further comprises L-carnitine.
16. (Canceled)
17. (Currently Amended) A method of alleviating a symptom of dry eye or macular degeneration, comprising administering to a subject suffering from or at risk of developing dry eye or macular degeneration a composition comprising a caroteneoid carotenoid and a polyphenol, wherein said subject is identified by detecting an elevated level of C-reactive protein compared to a normal level of said C-reactive protein.
18. (Original) The method of claim 17, wherein said composition further comprises a glutathione precursor.
19. (Original) The method of claim 17, wherein said composition further comprises a vitamin anti-oxidant.
20. (Original) The method of claim 17, wherein said composition further comprises an alpha lipoic acid.
21. (Original) The method of claim 17, further administering said subject an omega-3 fatty acid.
22. (Original) The method of claim 21, wherein said omega-3 fatty acid is selected from the group comprising EPA, DHA, and ALA.

23. (Original) The method of claim 17, wherein said composition further comprises an omega-6 fatty acid.
24. (Original) The method of claim 17, wherein said carotenoid is a mixed carotenoid compound, a purified astaxanthin or a purified zeaxanthin.
25. (Original) The method of claim 17, wherein said polyphenol is curcuma longa root powder, green tea, grape seed extract, cinnamon flavonoid, or a citrus bioflavonoid.
26. (Original) The method of claim 17, wherein said polyphenol is a cox-2 inhibitor.
27. (Original) The method of claim 26, wherein said cox-2 inhibitor is a quercetin, a bilberry extract, a hops PE, blueberry powder or tart cherry powder.
28. (Original) The method of claim 18, wherein said glutathione precursor is taurine or N-acetyl-L-cysteine.
29. (Original) The method of claim 19, wherein said vitamin anti-oxidant Vitamin A, Vitamin B, Vitamin C, Vitamin D or Vitamin E.
30. (Original) The method of claim 17, wherein said composition further comprises a trace mineral.
31. (Original) The method of claim 17, wherein said composition is administered systemically.
32. (Canceled)
33. (Canceled)

34. (Original) The method of claim 17, further comprising contacting said tissue with L-carnitine.
35. (Withdrawn) A composition comprising a carotenoid and a polyphenol, wherein said carotenoid and said polyphenol are present in amounts to produce a synergistic anti-inflammatory effect.
36. (Withdrawn) The composition of claim 35, wherein said composition further comprises a glutathione precursor.
37. (Withdrawn) The composition of claim 35, wherein said composition further comprises a vitamin anti-oxidant.
38. (Withdrawn) The composition of claim 35, wherein said composition further comprises an alpha lipoic acid.
39. (Withdrawn) The composition of claim 35, wherein said carotenoid is a mixed carotenoid compound, a purified astaxanthin or a purified zeaxanthin.
40. (Withdrawn) The composition of claim 35, wherein said polyphenol is curcuma longa root powder, green tea, grape seed extract, cinnamon flavonoid, or a citrus bioflavonoid.
41. (Withdrawn) The composition of claim 35, wherein said polyphenol is a cox-2 inhibitor.
42. (Withdrawn) The composition of claim 41, wherein said cox-2 inhibitor is a quercetin, a bilberry extract, a hops PE, blueberry powder or tart cherry powder.
43. (Withdrawn) The composition of claim 36, wherein said glutathione precursor is taurine or N-acetyl-L-cysteine.

44. (Withdrawn) The composition of claim 37, wherein said vitamin anti-oxidant is Vitamin A, Vitamin B, Vitamin C, Vitamin D or Vitamin E.

45. (Withdrawn) The composition of claim 35, wherein said composition further comprises a trace minerals.

46. (Withdrawn) The composition of claim 35, wherein said composition further comprises L-carnitine.

47. (New) The method of claim 17, wherein said composition , wherein said composition is administered at a daily dosage range of

INGREDIENT NAME	DAILY DOSAGE RANGE	
Vitamin A (as Vitamin A Palmitate)	100-1000	IU
Vitamin A (as Beta Carotene)	2000-7500	IU
Vitamin C (as Ascorbic Acid)	150-500	MG
Vitamin D (as Cholecalciferol)	150-400	IU
Vitamin E (as d-alpha Tocopheryl Succinate)	75-200	IU
Vitamin E (as Mixed Tocopherols)	25-200	IU
Vitamin E (as gamma tocopherol)	5-200	IU
Vitamin K	0.03-0.08	MG
Thiamin (as Thiamine Mononitrate)	1-2.2	MG
Riboflavin	1-2.3	MG
Niacin (as Niacinamide)	10-26	MG
Vitamin B6 (as Pyridoxine HCl)	2-4	MG
Folate (as Folic Acid)	0.2-0.5	MG
Vitamin B12 (as Cyanocobalamin)	0.002-0.004	MG
Pantothenic Acid (as Calcium Pantothenate)	2.5-6	MG
Biotin	0.02-0.06	MG
Choline (as Choline Bitartrate)	200-400	MG
Chromium (as Chromium nicotinate)	0.07-0.15	MG
Copper (as Copper Citrate)	1.0-1.6	MG
Iodine (as Potassium Iodine)	0.1-0.2	MG
Magnesium (as Magnesium Citrate)	75-200	MG
Manganese (as Manganese Citrate)	2-3	MG
Selenium (as Selenomethionine)	0.07-.20	MG
Zinc (as Zinc Citrate)	10-40	MG
Alpha Lipoic Acid	20-100	MG
Green Tea (40% Polyphenols)	50-500	MG
Bilberry Ext (25% Anthocyanidins)	2-20	MG
Blueberry Powder	20-500	MG
Ginkgo biloba SE 24/6	50-300	MG

Hops PE	1-100	MG
Quercetin	10-200	MG
Tocotrienol Complex	10-200	MG
Grape Seed Extract	5-100	MG
Citrus Bioflavonoids	100-600	MG
Taurine	50-500	MG
N-Acetyl-L-Cysteine	50-400	MG
Curcuma longa Root Powder	10-200	MG
Zeaxanthin	0.1-2.9	MG
Astaxanthin	0.01-4.9	MG
Mixed Carotenoids	10-100	MG
Trace Minerals (Hydromins)	10-100	MG
Tart Cherry Powder	10-200	MG

48. (New) The method of claim 1 or 17, wherein said polyphenol comprises a cinnamon flavonoid.

49. (New) The method of claim 1 or 17, wherein said polyphenol comprises ground cinnamon bark.

50. (New) The method of claim 1 or 17, wherein said polyphenol comprises methyl hydroxyl chalcone polymer.

51. (New) The method of claim 1 or 17, wherein said composition further comprises lutein.

52. (New) The method of claim 17, wherein said level of C-reactive protein exceeds 3.1 mg/L in blood or serum.

53. (New) The method of claim 17, further comprising detecting a reduction in said level of C-reactive protein over time, wherein said reduction indicates an improvement in the severity of said dry eye or macular degeneration.